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Farewell to a British jazz legend



HORNBLOWER: Kenny Ball

By Kelly Plume

waltham@yellowad.co.uk

ONE of east London's finest sons has passed away after more than 55 years on the world stage.

Kenny Ball - renowned as the greatest British jazz musician of his era - was described by band mates, family and fans as a 'gentleman and great showman'.

He continued to play in and around Ilford, where he grew up, right until the end. He died of pneumonia at Basildon Hospital last Thursday, aged 82.

John Bennett, fellow band mate and friend of 55 years, explained how Kenny was one of the most talented figures to emerge from the East End.

He said: "Kenny was loyal to his East End roots and would always play local venues."

"We started together in 1958. As soon as I heard

Kenny play we wanted him to be in our band.

"We travelled everywhere. When we did the Cavern Club, in Liverpool, the Beatles played our interval slot!"

Kenny shot to fame in the early 60s with hits such as Midnight in Moscow and Samantha. He was a regular on TV shows such as Morcambe and Wise and Top of the Pops. He had hits all over the world including America. So great was his fame and status, Prince Charles and Princess Diana booked him to play with his Jazzmen at their wedding reception.

Kenny features in the Historical National Jazz Archives, in Loughton, and was made a patron in 1999.

Archive manager Sam Fieldhouse recalled how Kenny was a modest man with a great sense of humour.

He told us: "It is an honour to be a part of the National Jazz Archive, but I refuse to be history

until I am dead!"

Digby Fairweather - a professional jazz trumpet player from Essex - played with Kenny in 1961, at the end of Southend Pier. He recalls how he ran up and knocked on his limo window and asked him for the fingering to a trumpet note.

"He stopped and showed me," he said. "He always made time for people." Louis Armstrong said he was a legend. He set new standards creating Trad Jazz. He was the best in the country. I played for him and played at his birthday and considered him a good friend.

"He was a great entertainer. Nobody disliked Kenny."

Sylvia Kent, 70, an Essex based author, was a carnival queen in Dagenham in 1962 when she first met him.

"He was such a fantastic talent and a wonderful man," she said.

He is survived by a wife and several children.

MINIMUM WAGE SET AT COUNCIL

BARKING and Dagenham Council has become the first local authority in the UK to guarantee all its lowest paid employees will be get a minimum wage of £9 an hour.

The Council's cabinet agreed on Tuesday, that all permanent council staff and agency staff working on council assignments, be paid the equivalent of £9 per hour - 45 pence above the London Living Wage (LLW).

The wage will be back dated to January 1, 2013.

Announcing the decision, Council Leader, Cllr Liam Smith also called on other local authorities to follow his lead.

Cllr Smith, said decision reflects the council's commitment to pay the equivalent of the London Living Wage (LLW) of £8.30 which was implemented in January 2012.

He explained: "This shows the

Council's commitment to supporting our workers.

"The increase reflects what people need to live on in the borough. We have over 1,500 low paid workers and this decision impacts on those who need it most like cleaners, catering staff and teaching assistants - majority of whom are local residents.

"As a council, we are committed to ensuring our lowest paid employees receive help in tough

times, ensuring they are treated fairly in pay - a decision which supports our ambition to increase average household incomes across the borough. This will mean a better life for hundreds of workers and their families.

"Barking and Dagenham is leading the way in ensuring our staff have a true living wage and we would hope other local authorities will follow our lead in doing what is right."

Becontree, Becontree Heath, Chadwell Heath, Creekmouth, Rush Green, Parsloes Park, Upney

INSIDE this week



**Promoter
hopes to find
his match in
business
scheme**

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YellowAdvertiser

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Competition

WIN A FAMILY MEAL OUT

THE MAGNIFICENT 1935 Rooftop Restaurant & Bar on the fifth floor of the Holiday Inn Southend is now also open for lunch each day from Monday to Saturday due to popular demand.

The 1935 has been open seven days a week for breakfast and dinner, plus Sunday lunch. However, following dozens of requests from diners to also offer lunch, they have now decided to open from noon to 2pm daily as well.

To mark the launch this week of their extra opening time, and their brand new exciting lunch menu, the restaurant has teamed up with the *Yellow Advertiser* to give away five three-course family lunches including tea, coffee and soft drinks.

Guests will love the unique views of the airport and surrounding countryside whilst enjoying drinks and delicious food in the fifth floor restaurant, which takes its name from the year the former airfield became a municipal airport for the public.

To start your meal, try the mouth-watering Crispy Chicken Wings with Sticky Pineapple or the delicious Salt & Pepper Calamari served with a Lime Aioli.

Moving on to the main course, guests are sure to enjoy the Honey Baked Gammon Ham 'n' Eggs served with beautifully crisp-on-the-outside-fluffy-in-the-centre triple cooked chips and HP Sauce. There is also the delicious Ale Braised Beef Feather Blade with Paris Mash, Seared Salmon & Shellfish Ragout served with an Asparagus Risotto or the traditional favourite Steak and Frites. And the menu would not be complete without the Southend classic Fish 'n' Chips – beer battered with the triple cooked chips and a sliced wally on the side!

To finish your meal there is a lip-smacking array of puddings that will satisfy even the sweetest tooth – Chocolate Brownie with Salt Caramel Ice Cream, Baked Apple with Calvados Sauce, Black Forest Cheesecake and Lemon Tart – all for just £16.95 for 2-courses or £17.95 for 3-courses.

The 1935 Rooftop Restaurant & Bar also boasts a private dining room that seats 12 complete with its own private terrace overlooking the airfield – ideal for special nights out, family celebrations and business



lunches or dinners.

To find out more visit www.hisouthend.com

For your chance to win one of five family meals just answer the following question.

Q: In which year did the former Southend airfield become a municipal airport for the public?

A: 1925

B: 1935

C: 1945

To enter the competition telephone your answer - A, B or C - to 0901 307 1698 along with your name, address, telephone number and e-mail.

Alternatively text YAMEAL (space) followed by A, B or C, and your name, full address and e-mail to 63333. Calls cost 51p from a BT landline.

Calls from other networks may vary and from mobiles will cost considerably more. Texts cost 50p plus your standard network rates. If you do not wish to receive details on any other products or services, please text EXIT at the end of your message.

Lines close on Thursday, March 21, 2013. Entries received after the closing date will not be counted but may still be charged.

Terms and conditions

Meals are for a family of four people which must be taken between noon and 2pm, from Monday to Saturday. Meals must be booked in advance and enjoyed within six months of the closing date. Prize includes four three-course meals including tea, coffee and soft drinks.

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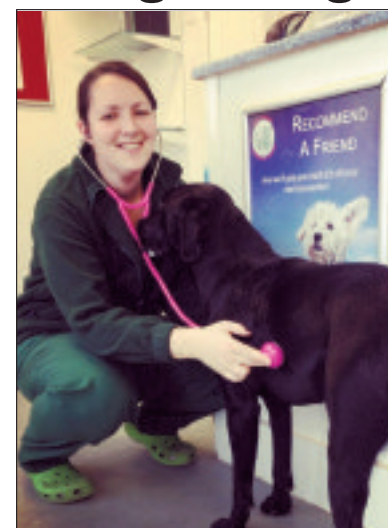
The signs and symptoms of chocolate poisoning in dogs

The taste of chocolate can sometimes be hard to resist and from the run up to Christmas, through to Valentine's Day and then onto Easter, it seems to be simply everywhere you look. But did you know that chocolate is actually poisonous if you are a dog?

Chocolate contains a powerful stimulant called theobromine which is similar to caffeine and poisonous to dogs, so much so that ingestion can be fatal if untreated.

Signs of Chocolate Poisoning Include:

- Abdominal tension
- Diarrhoea
- Vomiting (with or without blood)
- Dehydration (increased drinking)
- Increased salivation
- Hyperactivity/excitability/restlessness
- Tremors/seizures
- Increased heart rate and rapid Breathing
- Blood in urine and incontinence

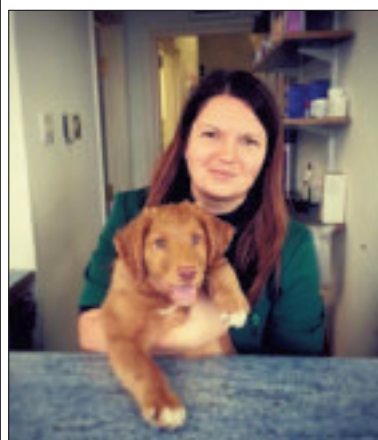


If you think your dog has eaten any form of chocolate: dark, milk, white, cooking, drinking or cocoa beans or powder, contact your vet immediately. Clinical signs usually appear within four hours of ingestion and can last up to 72 hours.

How is Chocolate Poisoning Treated?

Treatment can include induced vomiting, fluid therapy, administration of absorbents such as charcoal, drugs to assist with heart rate control or even flushing the stomach under general anaesthetic.

Our advice, always ensure that chocolates are out of your dogs reach and should they get there paws on them don't wait for signs of chocolate poisoning, call your Vet immediately.



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BUILDING CAREERS: Tommy Walsh with Barking and Dagenham College students Leigh-Ann Smith, 16, and Jamie Thorpe, 17

Picture by Martin Dalton

TV handyman awards construction students

TV HANDYMAN Tommy Walsh handed out certificates to students who took part in a skills competition at Barking and Dagenham College last Friday.

Tommy Walsh runs a competition every year for youngsters on construction industry apprenticeship courses.

The ceremony was part of a day long event at the college called Inspiration 2013.

The day was also full of have a go activities and talks by industry leaders and student

demonstrations.

Tony Wrenn, 17, who won first place in painting and decorating is currently in his first year at the College.

He said: "I couldn't believe it when I found out I had won. I was up against some great competitors but I've been working really hard on improving my skills, so to be awarded first place is amazing."

"Being presented the prize by Tommy Walsh was the icing on the cake. I'm really pleased

with what I've achieved."

Tommy said: "It's been a real honour to be able to come and see so many students who have decided to take up the challenge and get into the construction industry."

"This is a great way to highlight the many career opportunities the industry can provide and judging by the talent I've seen today, I'm sure these young adults have fantastic career opportunities ahead of them. I wish them every success."

speedread

Train punctuality

THE train operator that takes east London commuters into central London has retained its position at the top of the league table for train punctuality in the UK.

C2C has equalled its own UK record for trains arriving on time, according to new figures. During February 98.1 per cent of trains arrived at their destination on time under the public performance measure, the government's official standard for rail punctuality.

The figure is the best performance in the country this month, and is more than seven per cent higher than the UK average punctuality of 91 per cent.

Poaching fish

ILLEGAL poaching and fishing is a growing problem across east London according to the Met Police.

Officers are now working in partnership with staff from the Environmental Agency, The Angling Trust and Thames Water to tackle the poaching and fishing across London.

If you see people catching and keeping fish call the Environment Agency hotline on 0800 80 70 60.

Road maintenance

MORE than £8.5m of highways improvements and maintenance works have been agreed by Redbridge Council.

The 2013/14 major works programme will see more than £2m spent on maintaining roads, £1.3m on renewing street lights and £1.1m for major works to improve Manford Way.

Council chiefs agreed proposals for refurbishing the footways along the Woodford Bridge shopping parade in Chigwell Road, new traffic signals at the Chigwell Road/George Lane Junction and other projects.

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London Fire and Emergency Planning Authority is consulting on its Draft Fifth London Safety Plan and we'd like your views.

The plan sets out how the fire and rescue service could be delivered over the next few years. Amongst other things, it includes plans to keep within our target attendance times for getting to incidents and details how savings worth £28.8m could be made. These proposals also involve the closure of 12 fire stations, the removal of 18 fire engines, the redeployment of four fire engines and a reduction in the number of firefighter posts of 520.

For full details of the plan proposals and our online consultation go to:
london-fire.gov.uk/LSP5

If you'd like us to send you a copy of our plan and consultation document, ring:
0800 9888 569

The consultation runs from 4 March to 5pm on 28 May 2013 and will include open meetings in your area.

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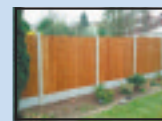
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HAPPY: Students at Leyton Sixth Form

STAFF and students at Leyton Sixth Form College are celebrating after inspectors rated the centre as 'good'.

The college was praised for its supportive, challenging and innovative culture that focuses well on giving students good experiences and raising standards.

Principal Kevin Watson said: "At a time when Ofsted's expectations are rising significantly it is very satisfying

to be given such a clean bill of health.

"This report should help inspire our excellent staff and students to reach even greater heights in the future."

Inspectors described teachers as being 'knowledgeable, with high levels of commitment and energy'.

They also noted that the college's recently completed £40million building redevelopment programme.



RU AND BARB: Ru Litherland and Barbara Fox toast to a good crop of champagne rhubarb
 Picture by Roy Tillet

Charge your glasses with rhubarb tippie

RHUBARB is on the menu with vegetable fanatics Ru and Barb enjoying the first tastes of freshly picked Champagne variety.

Ru Litherland and Barbara Fox witnessed the gathering of rhubarb at charity OrganicLea, in Hawkwood Nursery, in Sewardstone Road, on Tuesday, March 5.

The vegetable will be transformed into glamorous drinks at plush Chingford restaurant Table 7, in The Green.

The unusual concoction is even more bizarre because rhubarb is usually planted in February and picked later on in the year. Rhubarb lover Barbara, from Chingford, bakes tarts and crumbles for her daughter Helen Fox, who is a professor of psychopharmacology at Yale University, in Connecticut, USA.

She said: "Whenever she returns home from the States she'll ask for rhubarb crumble."

"I am sure she wouldn't mind a few glasses of rhubarb champagne as a refreshment afterwards."

OrganicLea run the largest greenhouse project in London voluntarily, providing boxes of fruit and vegetables to residents and businesses.

The veg is delivered by a solar powered milk floats, which are charged on site.

Ru Litherland, plants and production worker, said: "The rhubarb is grown in the dark, creating abnormally long pink stems. You can turn it into a rhubarb cocktail."

"Our crop is special crop. It is grown early for champagne purposes. Flavour wise - it tastes just like fizzy rhubarb."



Search for missing teen

POLICE are keen to know the whereabouts of 14-year-old Eddie Spagnol who was last seen at his home address in Romford on Tuesday, February 19, 2013.

When he was last seen Eddie was wearing dark coloured coat, black jogging bottoms and blue trainers.

He attends school in Dagenham and may be with friends in the Barking and Dagenham area.

It is also possible that he has a girlfriend at Southend.

Eddie's family are becoming increasingly concerned and urge anyone who knows where Eddie is to contact police on 01708 779230 or 101 (24hrs).

MISSING: Eddie Spagnol

NEWS IN BRIEF

Cafe to relish first day of opening

A NEW cafe will open its doors for business in Barking town square tomorrow (Friday).

The cafe, called Relish@BLC, will donate all its profits from Friday's trading to Comic Relief.

The cafe will be run by Barking and Dagenham Council, and staffed mainly by people with learning disabilities.

Cabinet Member for Adult Services, Councillor Linda Reason, said: "I have seen the menu for Relish, and although we're keeping it under wraps for now, I am confident that this café will provide an exciting new hospitality and catering venue for the town centre."

Also on Friday, there is a children's hour in the afternoon, which will include a variety of fun and games, as well as a decorating 'cake-pop' session.

For more information visit www.lbbd.gov.uk/relish

Young hacks given bursary opportunity

BUDDING local journalists or young people with an interest in journalism and live in or studied in Barking and Dagenham are invited to apply for a journalism scholarship with The Sun.

The Sun Sport diversity in journalism scholarship, in association with press agency Sportsbeat

It is a fully-paid journalism bursary available to applicants from one of the six London 2012 Olympic host boroughs - Barking and Dagenham, Greenwich, Hackney, Newham, Tower Hamlets and Waltham Forest.

The successful applicant will be entitled to a fully-assisted place on a 40-week training scheme with Sportsbeat, starting in late September.

Closing date is April 30. For an application form e-mail sunscholarship@sportsbeat.co.uk

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**CUT:** Chingford residents have been taking part in a pollarding tour

Picture by Roy Tillet

Learn more about ancient woodland

THE MAGIC of ancient woodland surrounding Chingford will form part of new classes for residents.

The City of London Corporation is planning on running a number of workshops from its new visitor centre, The View, in Rangers Road, Chingford.

The authority, which is responsible for maintaining Epping Forest, are planning to look for forest deer on Wednesday, April 10, from 1pm to 4pm.

Experts held pollarding workshop on Wednesday, February 27 to reassure residents cutting back trees is

vital for wildlife and surroundings.

Residents were treated to soup and a short stroll while talking to an arborist over two hours.

For more information call 020 7332 1911 or visit www.cityoflondon.gov.uk/ep-pingforest

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Search on for youngsters with a nose for business

STUDENTS are needed to take part in a business challenge.

Saint Francis Hospice, in association with Barry Hearn and Matchroom Sport, launched M.A.T.C.H. - the Matchroom Sport Apprentice Team Challenge for Hospice Care in September 2012.

This will be the second round of the scheme.

Teams from east London schools will receive a start up fund of £250 from sponsor Mr Hearn.

The teams have six months to turn their business and make as much profit as possible for St Francis Hospice.

Members of the winning team will receive an iPad3 and the offer of work experience with Brentwood-based Matchroom Sport and at Saint Francis Hospice.

Mr Hearn said: "M.A.T.C.H. is all about getting young people to think about what they want to achieve and developing their business skills. The challenge will benefit both the students and Saint Francis Hospice as the youngsters will develop their team working and practical skills while hopefully raising funds for the vital care Saint Francis Hospice provides to local people affected by life-limiting illness."

Mr Hearn is not only sponsoring this initiative but will be visiting each of the teams to offer his advice and support.

Teams have until March 28 to apply and submit their business proposals.

To learn more or register your school call 01708 771433 or e-mail match@sfrh.org.uk



STUDENTS NEEDED: Barry Hearn and Saint Francis Hospice chief executive Pam Court with some of the budding entrepreneurs from the First M.A.T.C.H. business challenge

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Pub reaches for the stars following health inspection

COUNCIL officers have raised the spirits of a Chingford pub after rewarding it for hygiene.

Waltham Forest Council scored the King's Ford, in Chingford Mount Road, the maximum rating following inspections earlier this year.

The pub has received a five-star rating for health and hygiene after an unannounced visit pleased health teams.

Manager Roberta Jagg was delighted with the news.

She said: "We are really happy with the award. We have been working towards it for some time."

"We had four before and now we have gone up a grade."

"I know that the checks are stringent and we are over the moon with full marks."

The council inspection included looking at the pub's pumps, fridges and kitchen, checking food preparation and analysing the establishment for cleanliness.



FIVE STARS: Roberta Jagg with the award

Picture by Roy Tillet

Create your Enviro-Hero to be shown in The Mall

WHAT DOES any good campaign need to save the planet? A superhero of course!

So, in its quest to go green the Mall Walthamstow has joined forces with the *Yellow Advertiser* to run an art competition throughout local primary schools in the Waltham Forest region to create an Enviro-Hero.

Children in Key Stages One and Two can let their imaginations run wild to design their ultimate superhero (complete with special powers!) to become the ambassador for the shopping centre's annual EnviroMall campaign, held during April.

The overall winner of the Enviro-Hero competition will see their character 'brought to life' by a professional artist, along with their school receiving £250 worth of art equipment.

There will also be individual prizes for the winners of each key stage and all entries will be displayed in a special 'gallery' area within The Mall shopping centre for all to see.

Alasdair Curry, general manager of The Mall Walthamstow, said: "Each year The Mall launches its EnviroMall campaign, but this year we really wanted to get the local community involved and we think that this competition will engage pupils and help them to understand the importance of saving our environment."

"I very much look forward to seeing a wide array of entries from the talented juniors in our community."

Mick Ferris, editor for the *Yellow Advertiser*, added: "The YA is delighted to be supporting this competition, which provides a fantastic local community project."

"With environmental sustainability becoming a key issue in today's society, it is now more important than ever to teach future generations why we need to care for our planet, and that is exactly what the we hope to achieve with this campaign."

If your school would like to be involved, please contact Emma Wardle on 01604 250 900 or e-mail emmaw@rocket-creative.com to receive an information pack and entry forms for your school.

The closing date for the competition is Friday April 12, 2013

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Red Nose Day is back on Friday 15th March and our seven heroes have got all the ideas you need to fundraise at work, home or school. Be it cake sales, karaoke or comedy hairdos, you'll find them at rednoseday.com

RED NOSE DAY 15 March

Comic Relief, registered charity 265568 (England/Wales), SC039730 (Scotland). Photo Credits: Trevor Leighton, Rhian Ap Gruffydd, © Disney, John E Barrett, Dave Nelson.

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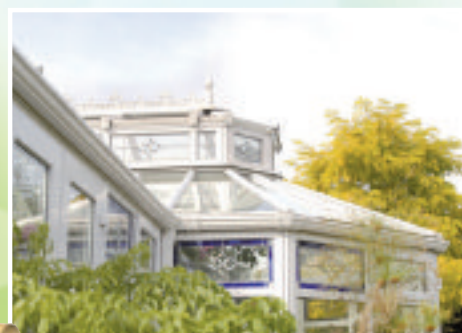
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Caught red handed

A MAN who was caught by an undercover officer trying to steal from a woman's bag has been jailed following a British Transport Police (BTP) investigation.

Nicuser Iordache, 42, of Forsythia Close, Ilford, was sentenced at Blackfriars Crown Court on Tuesday, March 5, having previously pleaded guilty to attempted theft and failing to comply with conditions in licence following prison.

He was jailed for 36 weeks for the attempted theft and six weeks for failing to comply with the licence conditions, to run consecutively.

Iordache committed the offence at

around 3.10pm on February 4 at Tower Hill London Underground station. A plain clothed BTP officer was patrolling the station at the time and saw Iordache walk through the ticket barriers as if to exit the station.

The court heard Iordache loitered in the booking hall, watching customers as they queued at the ticket machine.

Iordache then followed a woman, who had her handbag open, back through the ticket barriers and onto a train.

The officer followed the pair and arrested Iordache at Monument LU station after he saw Iordache put his hand

into the victim's bag.

Speaking after the sentencing, PC Alban Barnes, the investigating officer, said: "This kind of arrest shows why our pick-pocket officers are the best in the world."

"Our dip squad officers are always out on patrol in plain clothes across the tube network and are highly trained in spotting the kind of behaviour that tells them someone is intent on theft."

"We arrest these types of offenders every day but there are also lots of things that people can do to make sure they protect themselves."

"Remember to zip up your bags, keep

your jewellery, mobile phones and MP3 players hidden and stay alert to what's going on around you."

British Transport Police's tips for keeping your property safe on London's tubes and trains:

Keep purses secure and carry wallets in an inside pocket

Zip up hand and shoulder bags

Carry bags in front of you with flaps against your body

Keep straps short and bags tucked under your arm

Don't display jewellery, mobile phones and MP3 players

Don't show your money - keep it safely in your pocket

Stay alert and aware of what's going on around you when using your phone in public



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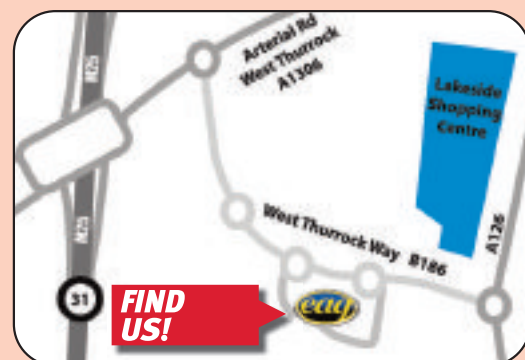
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Ground-breaking therapy to help Alzheimer's sufferers Singing for the brain

A GROUND-BREAKING therapy for people with Alzheimer's has had a major positive impact on sufferers' lives.

Havering has London's highest elderly population with more than 3,000 people suffering from dementia.

The Alzheimer's Society is working with the local authority to provide a range of new services across the borough to help people living with the condition, their carers and families and

have devised a 'singing for the brain' class.

Health chiefs said the singing classes were one of many new activities to help take the strain off family members who are often full time carers.

After the classes, people take part in falls and prevention activities which are also saving money.

The service is one of many strands of work being undertaken to improve dementia care within the borough that is helping to save £200,000 over the next three years.

Janet Hobson, 70, from Collier Row, said she feels happier since taking part in the classes with her carer and friend, Sarah Stanley.

Janet, who has Alzheimer's, went along to the first week to give it a go and enjoyed it so much that she never misses a class.

Sarah said: "When Janet is singing her eyes light up, it really boosts her spirits. She will talk about it all day. She has made so many new friends too."

Singing for the brain uses singing to help stimulate the brain, help people to express themselves and also bring people together to socialise.

As well as singing there is a lot of clapping, dancing and playing instruments and the instructor also brings in memorabilia books and albums containing photos of all the singers.



MELODY: Janet Hobson and Sarah Stanley

Janet and Sarah have a special bond and they have known each other most of their lives.

Their families used to go on holidays and trips together and Janet used to look after Sarah when she was younger. Sarah is now returning the favour.

Sarah said: "Even though Janet struggles to remember anything short-term, she can remember all the words to so many songs, some of them I've never even heard of."

"She gets so much out of it. It's like for one hour a week there is no dementia."

"These activities have helped Janet to remain in the family home with dignity, living a happy life."

For more information about Alzheimer's Society services in Havering please call 01708 739293 or e-mail: anne.worboys@alzheimers.org.uk

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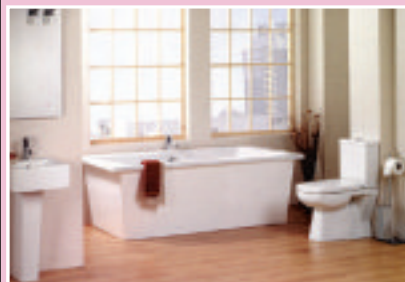
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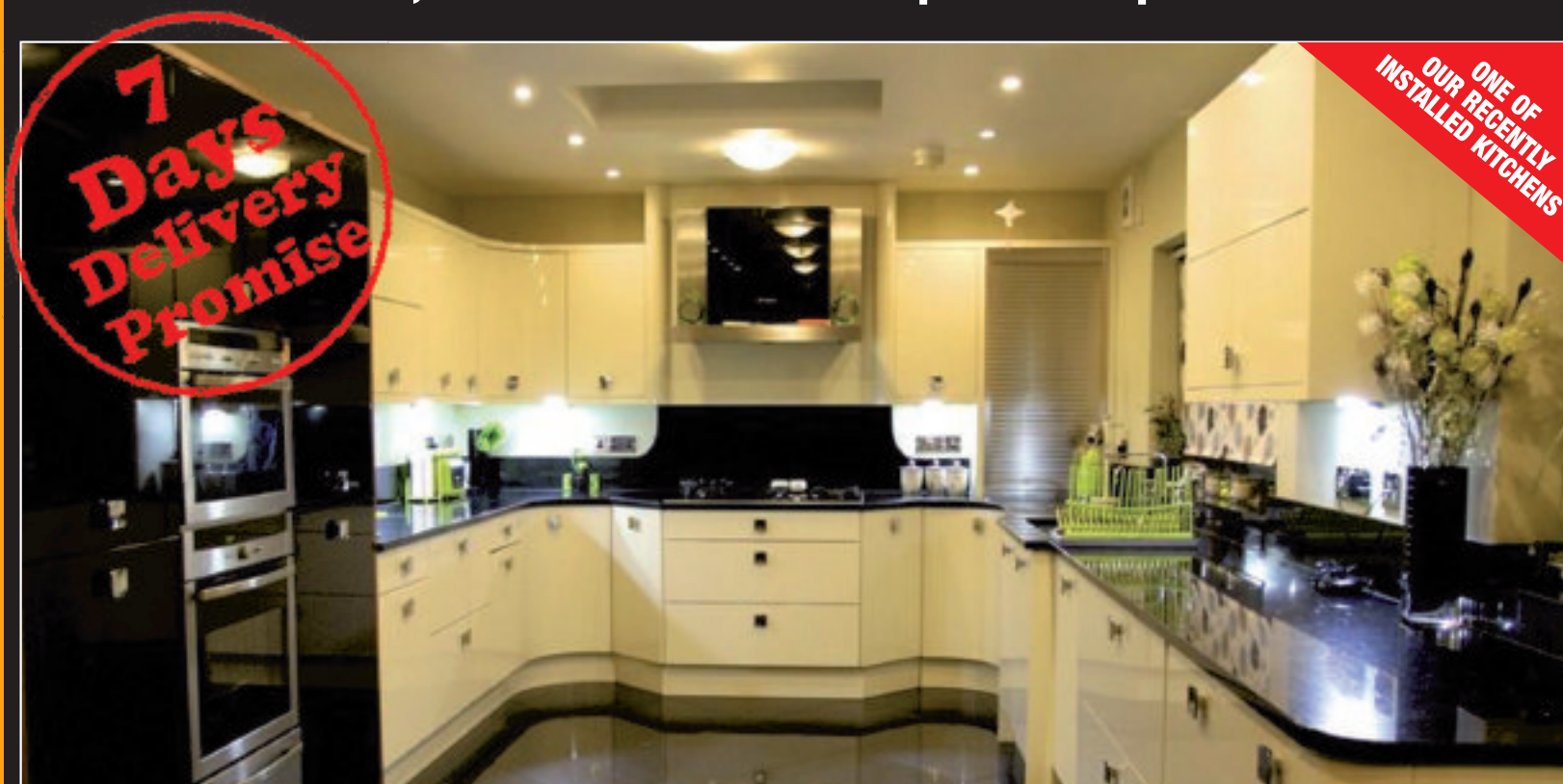
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ABTA

To have your event considered for publication, send the details AT LEAST 14 DAYS before the issue date to: **What's On, Yellow Advertiser, Acorn House, Great Oaks, Basildon, SS14 1AH. You can e-mail us at: letters@yellowad.co.uk**

PLEASE NOTE: We cannot guarantee that all entries will be included. However, you can add the details of your event to our website at **www.yellowad.co.uk**

Saturday, March 16

- Past and Present Antiques, Vintage and Crafts Fair - Christchurch Hall, Wanstead Place, off High Street, Wanstead, 10am-4.30pm, hot and cold refreshments available.
- Table Top Sales - Saturdays at St Paul's Community Centre, Barley Lane, Goodmayes, IG3 8XE, books, clothes, dvds and much more, refreshments, free admission, 10am-1pm, cost per table starts from £8, to book call 07453 782726, allocated on a first come first served basis.
- Tennis - Small friendly Tennis Club in Ilford, we play through the year, (Sat afternoons, Sun mornings and three weekday afternoons), low fees, over 50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.

Sunday, March 17

- Guided Monster Trail Walk - Hainault Forest Country Park, Forest Road, Chigwell, 10.30am-3.30pm, children under 16 must be accompanied by an adult, limited capacity for some activities, please book in advance, Tony Chadwick 07985 069800.
- Walk - Ilford and District CHA Rambling Club, start 10.30am from Lancaster Gate Tube Station, walking through three parks to end at Trafalgar Square, where St Patrick's Day will be celebrated. 020 8926 4593.
- Walk - Epping Forest HF Group, meet 10.30am at cafe in Hainault Country Park, visit three parks, lunch stop Bedford's Park, 8 miles. 020 8504 1329.
- Strides Badminton Club - Wanstead Leisure Centre, Redbridge Lane West, Sundays 3.30pm, new members welcome, aged 18 years and over, all levels, beginners, average and advanced players, details Mark 020 8598 8435 (before 9.30pm).
- Learn to Dance Modern Jive - Hainault Forest Community Centre, every Sunday 7-10.30pm. 07768 005858.
- Sunday Service - Lighthouse Chapel International Church, Outset Centre,

Frederick Street, Walthamstow, 11am-1pm. 07974 108350.

- Sunday Services, Kings Road Baptist Church, Chingford (junction of Kings Road and Scholars Road), 11am and 6.30pm.
- Sunday Services - Higher Life Christian Centre, Forest YMCA, 642 Forest Road, Walthamstow, 10am-noon.

Monday, March 18

- Rehearsals - Redbridge Ladies Choir, Palmer Catholic Academy, Seven Kings, Mondays 7.45-9.15pm, new members very welcome. 020 8550 8677.
- Rehearsal - The Roding Players Orchestra, Roding Valley High School, Alderton Hill, Loughton (opposite the Underground Station), every Monday, 7.15pm, new members welcome. 020 8505 4329.
- Forest Highlanders - The Forest Highlanders Pipes and Drums, St Cedds Church, Seven Kings, every Monday 8pm.
- Chingford and Walthamstow Chess Club - Priory Court Community Centre, every Monday 7.30pm, Tony 020 8524 0827.
- Bingo - Friday Hill Community Association, Coney Burrows Community Hall, Friday Hill, E4, every Monday and Wednesday 1.30pm.
- Multi-denominational Healing - Redbridge Healing Centre, IRDSA Hall, Craven Gardens, Barking (next to public car park, Fulwell Cross roundabout), every Monday (except Bank Holidays), 7-9pm, no charge, free donations welcome. 020 8550 5650.
- Aerobics and Toning - Hainault Baptist Church, Franklin Gardens, Mondays 7.30-8.30pm, all levels welcome. 07745 726342.
- Scottish Country Dancing - Epping Forest Scottish Association, Woodford Green Prep. School, (off Glengall Road), Mondays 8pm, new dancers welcome, first visit free. 07710 854267.
- Line Dance Class - Woodford Bowls Club, Kings Avenue, Woodford, for beginners and improvers, every Monday morning, further details 01708 722956.
- Line Dancing - Leyton Royal British Legion, 31 Dunton Road, Leyton, every Monday 7.30-9.30pm, everyone welcome.

Tuesday, March 19

- Wonderful Wallpaper - Explore, make and do's for under 5s, Valentines Mansion, Emerson Road, Ilford, 10.30-noon, £2.50 per child, no need to book, pay on day. 020 8708 8100.
- Meeting - Soroptimist International East

what's on

London Club, Valentines Mansion, Emerson Road, Ilford, meets third Tuesday each month, 7pm. 020 8551 0180.

- Stroke Club - Parkside Stroke Club, Parkside Community Centre, Goodmayes Lane, Tuesdays 1.30-4pm., further details 020 8595 3973.
- Whist Drive - British Legion Club, Ilford, every Tuesday 7.45pm. 01708 555478.
- Line Dancing - Walthamstow Trades Hall, Tuesdays Intermediate 8-11pm. 07968 036373.
- Circle Dancing - King Solomon High School, Barking, Tuesdays 8-10.30pm, (during term time), no partners necessary, details 07956 592938.
- Square Dancing - American Square Dance Club, Fulwell Cross Library, Barking, Tuesdays 8-10.30pm, beginners welcome.
- Tea Dance - Woodward Hall, Woodward Road, Dagenham, mainly Ballroom and Latin American, Tuesdays 2-4pm. 020 8592 8402.

Wednesday, March 20

- Play - Theydon Bois Village Hall, Coppice Row, Theydon Bois, Theydon Bois Drama Society present 'See How They Run' comedy by Philip King, showing to March 23 (not Thurs) 8pm, tickets £8, box office Mr and Mrs James 01992 812250.
- Wings for Women Support Group - For women who have experienced Domestic Violence or Abuse, Wednesdays 6.30-8.30pm, 0208 556 7111 or 020 8923 7498.
- Meeting - Talking Hands, a friendly Club for the Deaf and Hard of Hearing, Wednesdays 10.45am-2.45pm, York Room, Ilford Library.
- Table Tennis, Forest Community, Guildford Road, Walthamstow, every Wednesday 8pm, new members welcome, further details Ray Massey 020 8524 4289.
- Meeting - Friends Club, St Cedds Church Hall, Blythwood Road, Seven Kings (opposite Homebase), Wednesdays 1-4pm, short mat bowls and snooker, 50p per session.
- Live Blues Jam - Coach and Horses, 391 High Road, Leyton, featuring guests, regulars and house band musicians, entrance 2 listeners, 1 musicians, all welcome singers and drummers especially, every Wednesday, 8.30-11.30pm. 020 8502 0351.
- Ilford No. 1 Senior Citizens Club - Royal British Legion, Durban Road, Seven Kings, Ilford, every Wednesday 12.30-3pm, call Eddie 020 8551 5079.

Thursday, March 21

- Friendship Club - The Beacon Tree Pub, Green Lane, Dagenham, for single over 45s, every Thursday 8.30pm, further details Marie 07939 989075/07977 747509.
- Meeting - Wanstead Rotary Club, County Hotel, South Woodford, every Thursday 1-2.15pm, call David 020 8969 2701.
- Meeting - Barking and Dagenham Friendship Club, Methodist Church, London Road, Barking, Thursdays 2-4pm, £1.50 a session, mainly for people who have had a sad loss to make new friends. 020 8594 6409.
- Woodford Symphony Orchestra - A friendly amateur orchestra, which performs concert and major symphonies in Redbridge, rehearsals every Thursday evening, 020 8504 7783.
- Dagenham Camera Club - Wantz Library, Rainham Road North, Thursdays 8-10pm. 020 8252 2934.
- Forest Creative Writers Group - Jazz Archive Room, Loughton Library, Traps Hill, Loughton, 12.45-2.45pm, Thursdays (term time).
- Social Group - Barkingside Sports and Leisure Group, Carvely Function Room, Gants Hill Methodist Church, Gants Hill Crescent, Barking, for 18-36 year olds, Thursdays 9.15pm. 07941 493067.

Friday, March 22

- Friendly Club - Pensioners Club at United Services Club, Blake Avenue, Barking, Fridays 12.30pm-3pm. 020 8517 6256.
- Meeting - Redbridge 18 Plus, York Room, Ilford Central Library, Clements Road, Ilford, Fridays for 18 to 36 year olds, sports and social club.
- Pipes and Drums - Waltham Forest Pipe Band, Royal British Legion, 31 Dunton Road, Leyton, pipers, drummers and learners welcome, Fridays 8pm. 020 8520 1727.
- Yoga - Faircross Community Centre, Hurstbourne Gardens, Barking, 2-3.30pm, Jean 07946 215996/020 8591 5830.
- Flamenco Dancing Classes - Scout Hall, 1 Stephenson Road, E17, Fridays 9.45-10.45am, beginners welcome, (term time). 07804 879294.
- Line Dance Class - The Chandos Centre, Stratford, Fridays 8-11pm, beginners to advanced, call Lisa 07958 788292.
- Chigwell Row Folk Dance Club - Limes Farm Hall, Limes Farm Avenue, Limes Farm Estate, Chigwell, Fridays (term time), 8-10pm. 020 8590 5136.

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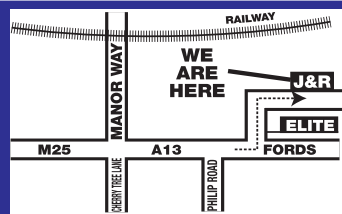
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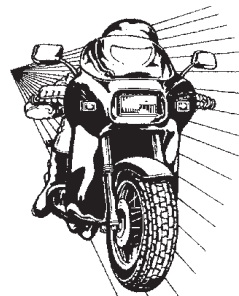
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2. 'Classified' Advertisers offering goods or service of a business, commercial or trade nature will, at the discretion of the Publishers, be deemed 'Trade Advertisers', and as such, must include their names in advertisements. A telephone number is an optional addition to these requirements and not an alternative.

3. To comply with the Business Advertisements (Disclosure) Order 1977, Trade Advertisers must make it clear that they are selling goods in the course of business either by content, format, size or place of the advertisement or by including words such as 'trade', 'dealer', 'agent', 'wholesaler', '(T)' etc. in the advertisement.

4. The Publishers accept no liability whatsoever for any loss or damage however caused arising out of:

- Any error, inaccuracy or omission in the printing or publishing of any advertisement.
- Any failure to publish an advertisement on the day / date or day / dates specified by the advertiser; or
- Any delay in forwarding or omission to forward replies to box numbers to the Advertiser.

5. The Publishers will endeavour to publish advertisements on the day / date or day / dates specified by the Advertiser but insertion days / dates cannot be guaranteed.

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9. All gross advertising rates (except classified line and semi-display) are subject to and include a 0.1% Advertising Standards Board of Finance surcharge, payable by the advertisers to help finance the self-regulatory control system administered by the Advertising Standards Authority.

10. All rates quoted are subject to VAT at the rate currently in force at the time the advertisement appears.

11. Should the rate for advertisements be altered the price for remaining insertions shall be revised accordingly or the publishers shall have the right to cancel the unexpired portion of the order.

12. The placing of an advertisement order will be deemed an acceptance of these conditions.

13. Account facilities are granted at the discretion of the Company.

14. All accounts must be settled within the terms agreed by the Company and the Customer.

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15. Where an advertiser instructs / appoints an advertising agent to act on their behalf, the advertiser will remain jointly and severally liable for payment in respect for an advertisement(s) should the appointed agent fail to pay. For the avoidance of doubt, the agent acts for the advertiser and not for the publisher with the agent being responsible for notifying the advertiser of this liability.

16. All queries must be notified, preferably in writing to the accounts department of the publisher within 7 days of the invoice date.

17. All digital services are maintained in partnership with the publishers' hosting service providers. Every effort is made to ensure the continuity of these services, but some occasional technical downtime beyond the publishers control may occur. The publisher and its associated companies shall be under no liability if the production and distribution of web services is delayed or prevented by any cause beyond the control of the publisher.

18. The Publisher may provide voucher copies for published advertisements in electronic form only subject to certain criteria. Further information is available on request.

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Box Numbers
Boxes are open for the receipt of bona fide answers and are not available for distribution of trade canvassing matter. Original testimonials, goods, cash, stamp or payments of any kind must not be enclosed. A box Number and postal address are charged as part of the advertisement, i.e. Box No., centre address. There is no charge for forwarding replies.

Box numbers alone are not available for use in 'Trade' advertisements, other than Employment and Business Opportunities.

Holiday & Travel Category
All advertising must contain the name of the advertiser, phone number alone are not permitted.

Data Protection
The service you have requested may require us to carry out a credit search at a credit-referencing agency, which will record the fact that a search has been made. We may need to share your information with other lenders and credit reference agencies. However, we will only use the information from these searches to make credit-granting decisions and, if necessary, for fraud prevention or tracing debtors.

Data controller will use your information for administration and analysis. We may share your information with other Tindle Group Newspaper companies or carefully selected third parties. We, or they, may send you details of other goods and services, which may be of interest to you. The information may be provided by letter, telephone or other reasonable means of communication. Calls may be recorded or monitored for training purposes.

Special conditions apply with regard to the advertising of adult services, which are outlined to all persons submitting such advertisements.

Personal Services

Glamour Girls uk
visiting essex escort-massage



Call now:
01702 556500 or 07702 388070

7pm till 7am

please call for website details

HOTBABES
escorts



HOT-BABES.CO.UK
0845 154 6026

YOUNG ONES VISITING ESCORTS
7pm till 7am

01702 557 444
07702 388 028

XXX121 SEX CHAT 36P
STRAIGHT THRU!
0909 860 6682
OLDER LADIES 0909 860 9776

ADC Media PBox 4201 M1 5G. Calls recorded & cont. 30p per minute. Mobile users may receive free promotional messages. 19+ only. LiveLines Ltd P00538 NRG 7YN. Help 08448714497.

GLORIA, 33yrs
always discreet
in Walthamstow
5mins from tube
all guys welcome
pics & evs only.
Tel: GLORIA to
69996 for pics

TRANSEXUAL MASSAGE
PHONE ANNE 01322 286087

To advertise
in this
section
please
telephone

YellowAdvertiser 01268 503400

VOGUE ESCORTS
Escort Agency
24/7
30 Minute Arrival
020 8361 7000
Call now for website details
New faces welcome:
07534 268 444

Essex Girlz

01702 555 455
07774 671 615

PLEASE CALL FOR WEBSITE DETAILS

VISITING GIRLZ
6pm to 6am

Girls4you 24/7
Visiting most parts of Essex, London and Kent
STAFF REQUIRED
Call: 07922 141 762
Please call for website details

Adult Chat Line

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MEIN: 0871 300 3556

18+. H/desk 0844 944 0844.
0871 = 5p per min. Network extras apply.
Live calls recorded. SP: 4D.

36P PER MINUTE
PHONE SEX
LIE BACK & PLAY
0909 864 1381

Calls cost 36p per minute + network extras. Calls recorded.
Mobile users may receive free promotional messages. 19+ only. LiveLines Ltd P00538 NRG 7YN. Help 08448714497.

MATURE LADIES LIVE 36P
SEX SEX SEX
YOU'LL LOVE IT
CALL NOW XXX
0909 864 1041

Calls cost 36p per minute + network extras. Calls recorded.
Mobile users may receive free promotional messages. 19+ only. LiveLines Ltd P00538 NRG 7YN. Help 08448714497.

MILF 40+
TOTAL X-RATED
FULL SEX
36P HORNLY LADIES!
0982 505 1774

Per Minute
Calls cost 36p per minute + network extras. Calls recorded.
Mobile users may receive free promotional messages. 19+ only. LiveLines Ltd P00538 NRG 7YN. Help 08448714497.

EXTREME QUICKIE SEX
GET OFF
36P ON YOUR PHONE
0909 864 0213

Calls cost 36p per minute + network extras. Calls recorded.
Mobile users may receive free promotional messages. 19+ only. LiveLines Ltd P00538 NRG 7YN. Help 08448714497.

To advertise
01268 503400
YellowAdvertiser
Calls may be monitored

ADULT INTERESTS

Calls cost £1.53 per/min at all times. TEXT 87070 cost £1.50 per message. Mobile call charges may vary. JMedia UK, London, SW4 7BX. wc 040313

Simply dial the number below the advert!

JUDY 35, slim petite blue eyed pretty blonde, new to this, not sure what to expect but determined to find love, if you feel the same, pls call, it could be fun! Tel No: 0906 500 6358 Box No: 393461

SARAH looking for good times and mutual interest sharing, open-minded so age/looks and status not important. Call me you won't be disappointed. Tel No: 0906 500 6358 Box No: 393323

LORRAINE curvy figured single mum who I Likes nothing better than a good cuddle with a nice glass of wine, just missing companion, pls call me. Tel No: 0906 500 6358 Box No: 393457

GEM curvy brunette who loves life and living it to the full, looking for kind heart male to share fun, laughter, love and lots of good times. Tel No: 0906 500 6358 Box No: 393425

LORRAINE petite attractive 32yr old outgoing single female looking for fun loving Mr Right to enjoy cosy romantic nights in with. Tel No: 0906 500 6358 Box No: 393331

ALISON slim pretty lonely divorcee looking for caring supportive man who enjoys life and is looking to share it with me. Tel No: 0906 500 6358 Box No: 402255

ATTRACTIVE curvy Jamaican female 37 who loves to party, cook/bake and have fun, looking for no strings adult companionship only with white male, any age. Tel No: 0906 500 6358 Box No: 393423

MAXINE lonely heart, fun good looking single mum with GSOH seeks gentle considerate male to try and get to know better, dads welcome. Tel No: 0906 500 6358 Box No: 393329

DEE buxom brown hair blue eyed naughty exhibitionist looking for fun times with extremely broadminded man. Any age/looks/status. ACA. Tel No: 0906 500 6358 Box No: 375145

KEELY blonde 18yr old, blue eyes size 10, busty, stays at home too much and looking for casual fun with older male with OHAC. Tel No: 0906 500 6358 Box No: 385377

DEBBIE attractive young looking divorced female, seeking male who wants but does not need a special someone in their life, single dad welcome. Tel No: 0906 500 6358 Box No: 390077

LYNN 37 single mum, petite slim and very pretty, seeking caring funny guy to be with and become my Wonderful. Dads welcome. Tel No: 0906 500 6358 Box No: 386633

BARBARA stylish feminine professional, many interests, social, good natured, looking for trustworthy male for good company and romance. Tel No: 0906 500 6358 Box No: 375151

CAROL 39yrs attractive slim brunette just looking for genuine caring man for romance, meals in and maybe more. Any age. Tel No: 0906 500 6358 Box No: 375575

TINA fit single tall slim blonde female 27, loyal, sincere, looking for friendship hopefully leading to LTR. Single dads welcome. Tel No: 0906 500 6358 Box No: 389107

ATTRACTIVE slim lady, striking green eyes, long blonde hair, likes animals, nights in/out, WLTm experienced male for fun friendship/relationship. Tel No: 0906 500 6358 Box No: 371573

JAN 35yr old blue eyed blonde, outgoing, friendly, WLTm passionate guy to share good wine, good conversation, flirting and fun times. Tel No: 0906 500 6358 Box No: 368383

DIVORCED single mum 33 looking to put a bit more fun back into life with likeminded male. Pls call, ACA. Tel No: 0906 500 6358 Box No: 370105

SHARON 33, slim blonde, blue eyes outgoing, attractive, looking to put some much needed fun back into life, seeks male 30-45yrs. ACA. Tel No: 0906 500 6358 Box No: 383047

JULIETTE blonde blue eyed lady who loves to have fun and enjoy life, seeking similar passionate guy to let my hair down and have some serious fun with. Tel No: 0906 500 6358 Box No: 381725

EMMIE 28yr old lonely single mum all out of love, looking for good company with male who can tame a confident beautiful sensual lady. Any looks. Tel No: 0906 500 6358 Box No: 381363

NINA black beauty, classy 21, loves to have lots of fun, seeks older man who is willing to come up with a few new ideas for adult fun times. Tel No: 0906 500 6358 Box No: 381361

MICHELE very attractive black single mum, 32yrs, someone you could take home to your mother, seeking a one in a million guy. Tel No: 0906 500 6358 Box No: 391879

PRETTY petite dark hair/eyed 28yr old divorced single mum, great figure, lots of interests, OHAC, seeks genuine male also looking for someone special in their life. Tel No: 0906 500 6358 Box No: 381721

CASSIE 44yr old yummy tummy seeks big boy who loves food, let me spoil you, extreme over indulgences and pleasure guaranteed. Tel No: 0906 500 6358 Box No: 390995

SHARON retired model 36, tall, attractive, considerate, easygoing, loves finer things in life, seeking well mannered male, 40-60yrs. Tel No: 0906 500 6358 Box No: 386635

SALLY 34yr old nurse, slim build, attractive, likes meals out, seeks LTR with caring male who won't break my heart. Tel No: 0906 500 6358 Box No: 391019

KAREN 38 slim and attractive seeking confident professional for companionship, status/looks unimportant. Tel No: 0906 500 6358 Box No: 392407

CAROL 34, loves role play, dancing, sensual dress up, looking for fun with male 60-70yrs, discretion assured. Tel No: 0906 500 6358 Box No: 385639

JENNY very feminine attractive mature classy female with beautiful blue eyes, looking for male to enjoy plenty of laughs and get to know. Tel No: 0906 500 6358 Box No: 386303

ALI 32 easygoing busty/curvy female with great smile looking for fun and adventure with open-minded manly guy. Can accommodate/travel. Tel No: 0906 500 6358 Box No: 37505

EMMA 31, OHAC, dark hair/eyes, very outgoing and social, fit looking for rough and ready, laidback fella for fun times. Tel No: 0906 500 6358 Box No: 400801

JACKIE 39yr old attractive busty lady looking for no strings adult fun. If you are wanting similar what are you waiting for, give me a call. Tel No: 0906 500 6358 Box No: 400453

KIM slim brunette with lovely blue eyes and great figure looking for confident male friend with benefits. Age/status unimportant, pls call. Tel No: 0906 500 6358 Box No: 400805

CAROL looking for fun times with gent 50-70yrs with many interests and a real zest for life. Discretion assured/expected. Tel No: 0906 500 6358 Box No: 400499

JANINE petite cute female who loves meals in/out, romantic strolls, WLTm interesting appreciative, independent man for ltr. Tel No: 0906 500 6358 Box No: 400803

If you like the sound of an advert - then see their picture on your mobile!

If an ad has a  next to it, then the advertiser has sent in their photo. To receive a copy of the photo to your mobile phone, all you have to do is text: HOTPIC(space)mailbox number and send to 87070.

YellowSport

For more news, sport, letters, comment, jobs, motors and more visit www.yellowadvertiser-today.co.uk

Southend dig in for victory over Barking

Rugby Union

SOUTHEND continued on the road to recovery in National Two South with a hard fought 10-28 away win over struggling Barking on Saturday.

It was not a pretty spectacle as Barking, with only pride to play for, came out scrapping for every ball.

Danny Cleare scampered over the line for Southend wide out, and new boy Rob Kirby kicked his first points for the club to make it 0-7.

The match became disjointed as Southend saw captain Chris Green yellow carded, while try scorer Cleare and Barking's David Kersey were later dismissed.

Southend took the game to Barking in the second half, and Sam Arnott dropped over the line, with Kirby kicking the extras for 0-14.

With Southend in the ascendance Barking continued to defy them at every opportunity eventually forcing a kickable penalty. Oliver Forrest duly obliged and they had their first points on the board in the 50th minute for 3-14.

However, Southend went on to score more tries for the bonus point

win as Arnott grabbed his second converted try, but Barking did register a try for themselves as Stephen Hihetah broke down a move and raced over the line, Forrest converting for 10-21.

Southend got their fourth try of the afternoon through Mike Stanley to help them move up to 12th in the table.

In National League Three London & South East, struggling Westcliff went down 26-17 at Barnes.

Nick Bard scored Westcliff's try, with Elliott Harvey kicking four penalties, but Barnes ran in four tries, plus three conversions, to increase Westcliff's relegation worries.

Thurrock suffered a disappointing afternoon, losing 39-19 at Guernsey.

In London One North, bottom side Rochford Hundred lost 27-0 at fellow relegation scrapers Beaconsfield.

Basilidon, just above Hundred, were thrashed 5-71 by leaders Bury St Edmunds, while Brentwood are fifth thanks to their 36-7 victory over third place Letchworth Garden City. Chingford are above the relegation zone despite losing 7-10 to



CHARGE: Southend's Andrew Frost breaks through

Diss while Romford & Gidea Park lost to the same scoreline at Luton.

Woodford moved into the play-off spot in London Two North East after beating fellow play-off chasers Ipswich 20-7, while Chelmsford bounced back to beat Enfield Ignatians 23-15.

In London Three North East, South Woodham Ferrers remain second despite hammering bottom side East London 0-74.

Upminster and Wanstead in third and fourth place respectively lost

ground after drawing 11-11, Upminster's third stalemate of the season, while Canvey Island helped their relegation battle with a 22-14 victory over Cantabrigian and mid-table Old Brentwoods beat Harlow 21-19.

Essex One: Billericay 14-23 Bancroft, Burnham-On-Crouch 15-36 Clacton, Campion 41-12 Maldon, Old Cooperians 13-10 Dagenham.

Essex Two: Brightlingsea 7-41 Thames, Phantoms 10-8 Ilford Wanderers, Stanford Le Hope 14-11 Pegasus Palmerians.

Cricket



BRONZE: Redbridge's cricket side

Bronze for Redbridge

REDBRIDGE boys' team won bronze at the Balfour Beatty London Youth Games Indoor Cricket Finals at Lord's Cricket Ground.

Although the borough won gold last year, this was still a fine result for a new young line-up, watched by former Redbridge competitor and England under 19 international Kishen Velani.

In their opening match in the competition earlier this month, Redbridge were comfortable victors over Southwark limiting their opponents to 85 runs in their ten overs before knocking off the required runs with 11 balls still remaining and three wickets in hand.

It set them up for a semi-final tie with Wandsworth, who set an imposing 93 run target in their innings. Although Redbridge tried hard, they were undone by some tight fielding and were eventually all out for 75 in the final over.

As losing semi-finalists they were awarded bronze alongside Tower Hamlets as Harrow beat Wandsworth in the final.

Overall, team manager Mahesh Velani – brother of Kishen – was pleased with his side's efforts. He said: "I'm very proud of the team. They did really well to get here, they played their best, and it wasn't to be on the day. I think we tried to hit too many boundaries, but at the end of the day we lost to a better team. I thought it would be tough to get to the final as we have only got two boys from last year back again."

Meanwhile brother Kishen Velani, who kindly stayed to present the trophies at the event's conclusion, said: "This event encourages youngsters to get to know each other around London. Counties can come in and if they see any talent they can give them a chance. Fortunately for me, I played here then went to Essex and then got picked up for England. Who knows we could be seeing another England player here?"

Mayesbrook athletes show well in county championship



TEAM SILVER: Hoseah Gikungu helped Essex to a medal

Athletics

FIVE athletes from Havering Mayesbrook Athletics Club competed well for Essex at Saturday's televised Inter Counties Championship at Birmingham.

Highest placed was Lydia Hallam who finished 32nd in the U17 Women's race in 20:59 and was one of the six-strong Essex team who featured prominently in the early action.

Hoseah Gikungu also started strongly in the U20 men's competition running in the early leading group but was unable to translate his county form onto

the national stage placing 44th with 26:47 but had the consolation of helping Essex to team silver.

Veteran Debbie Appleton was a fine 67th clocking 30:05 in the senior women's race in a field of almost 300 - her first appearance in these championships for several years - while Rob Warner had his highest ever placing of 111th in the senior men's event - where he was second Essex finisher with a time of 37:57.

Gemma Archer-Haley was a respectable 179th in the U15 girls race with 20:02.

Lauren Deadman was forced to withdraw last week from the senior women's event with a foot injury sustained from her 14th placed run in the recent English National Championships.

Hallam and Gikungu are in action this weekend when they travel to Derbyshire with the Essex Schools' Team to contest the English Schools Cross Country championships.

Both will be looking for improved results as the age groups in the schools' event are different and both are in the top year of their groups.

Tuohy and Smith help struggling Urchins to crucial victory

Non League Football

AFC HORNCHURCH did their relegation battle in Blue Square South the power of good on Saturday thanks to their 2-1 home win over Bath City.

After a goalless first half, Martin Tuohy put the Urchins ahead on 68 minutes but Charlie Griffin equalised four minutes later.

However Lewis Smith scored the winner 11 minutes from time as Hornchurch go level on points with Eastbourne Borough, but remain in the drop zone on goal difference.

In Ryman League Premier, Canvey Island remain in fourth place despite their 2-1 win at Lewes.

The hosts took an early lead through Alex Malins, but Rob King levelled with a penalty on 19 minutes.

Canvey went on to hit the woodwork three

times before Kevin Dobinson gave them the three points on 80 minutes.

East Thurrock United hammered bottom side Carshalton Athletic 4-0. Ross Paramenter (33) put the Rocks ahead before Ryan Sammons grabbed the second on the stroke of half-time.

Dave Bryant and Sam Higgins added to Rocks' tally by the 62nd minute.

There was drama in Sunday's relegation battle between Wingate and Finchley and Thurrock.

With the score at 1-0 to Fleet, the match was abandoned after 82 minutes as the hosts had five players sent off, leaving them unable to field the minimum requirement of seven players.

The first red card was shown to Ahmet Rifat for violent conduct seven minutes into the second half.

Nine minutes later and Osa Obamwonyi received his second yellow card, the second

which resulted in a penalty which Stuart Thurgood converted for Fleet.

Ronayne Marsh-Brown received a straight red card in the 72nd minute, before Jon Christian made an exit seven minutes later for a second yellow for kicking the ball away.

When Scott Shulton was told to leave the field for abusive language, the referee had to call off the game. The league will make a decision about whether the result will still stand.

Ryman North leaders Maldon & Tiptree continued their wobble as they lost 2-0 at Waltham Forest.

Farai Hallam (55) scored the opening goal with Adrian Clifton added their second through the penalty spot on 74 minutes.

Second place Grays Athletic's match at Heybridge Swifts was postponed, but they have four games in hand over Maldon with the gap at eight points.

Ilford climbed off the bottom with only their third victory of the season, winning 1-0 at Sudbury.

Chinedu McKenzie scored the winner in the 71st minute while the hosts had Robbie Martin sent off soon after.

Redbridge dropped to the bottom despite putting up a brave fight at Potters Bar Town.

Daniel Ailey put the Scholars ahead but the Motormen levelled five minutes after half-time through Sam Holloway.

Town went ahead once again thanks to Wes Beckles on the hour, but Redbridge equalised a minute later with Garry Skerritt on the score-sheet. However, their efforts were in vain as Lee Close proved to be the match winner for Potters Bar with ten minutes remaining.

It was goalless between Brentwood Town and Harlow Town, who had Stanley Muguo sent off ten minutes after the interval.

Barking and Dagenham YellowAdvertiser



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advertising
wraparound

Thursday, March 14, 2013

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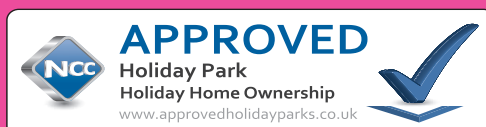


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* Prices vary between models and Park Resorts parks. All prices include VAT. Subject to availability. † Owners can holiday as often as they like within their specified holiday season and pitch agreement. Parks are not a permanent residence. ∞ Site fees vary between Park Resorts Parks and pitches. Rate quoted is a standard pitch on Coopers Beach Holiday Park. Images are for illustration purposes only. Park Resorts reserve the right to withdraw or amend this offer at any time.

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